

Examining how organizational leaders perceive ICBT for PSP using the RE-AIM implementation framework (2024)

Beahm, J. D., McCall, H. C., Carleton, R. N., Jones, N., & Hadjistavropoulos, H. D.

PSPNET offers **free, confidential, and convenient** internet-delivered cognitive behaviour therapy (ICBT) developed with and for Canadian first responders and other public safety personnel (PSP). Learn mental health information and skills in an online platform with optional therapist support via secure messaging or phone calls. **Learn more by visiting www.pspnet.ca**



PURPOSE:

To understand how leaders in public safety view ICBT tailored for PSP.

10 PSP Leaders in Saskatchewan

DATA COLLECTION: November 2022 – January 2023

REACH AND ADOPTION:

- All leaders have promoted PSPNET within their organization
- All PSP in their organization have been informed about PSPNET
- Unclear the degree of PSP engagement with PSPNET information
- Some PSP groups have not been reached as effectively as others

EFFECTIVENESS:

- Helpful
- Bridge to other care
- Fills a gap in treatment needs
- Increases awareness of mental health challenges

“Management has been great about allowing us to take time to promote mental health and then to promote PSPNET.”
— PSPNET Client

IMPLEMENTATION:

- Certain intervention characteristics contribute to successful implementation
- Promotional activities facilitate implementation

MAINTENANCE:

- PSPNET helps fill a gap in services available to PSP
- Leaders advocate for maintenance of PSPNET

CONCLUSIONS:

1. All leaders endorse and promote PSPNET within their organization.
2. All leaders advocate for maintenance of PSPNET.
3. PSPNET has been successful in reaching PSP in Saskatchewan.

Note: This data was collected from interviews with PSP leaders.

Internet Interventions
DOI: <https://doi.org/10.1016/j.invent.2024.100718>
Infographic Design by Willick, T.J.



ICRTSP
Institut canadien de recherche et de traitement en sécurité publique

